

Roman Chicken And Peppers Recipe

Serves: 3 | **Prep Time:** 20 Min | **Cook Time:** 60 Min | **Difficulty:** Medium



INGREDIENTS

- 2 Lb (1 Kg) Chicken Thighs
- 2 Lb (1 Kg) Red and Yellow Peppers
- 2 Tbl (30 gr) Olive Oil
- 10 fl oz (300 gr) Tomato Sauce
- 2 Cloves Garlic
- 6 fl oz (180 gr) Dry White Wine
- Salt and Pepper to taste

Serving Suggestions

Add two pieces of chicken to a bowl, cover with a proportional amount of peppers and then cover with sauce.

DIRECTIONS

1. Trim and clean the chicken thighs. Remove excess skin, fat and bones.
2. Split the peppers and remove the seeds and ribs (the white parts). Then chop them into medium size pieces (approximately 1" squares).
3. Salt the chicken while they are resting.
4. Add oil, garlic and chicken, skin side down, to a preheated sauté pan over medium heat.
5. Brown the chicken on all sides.
6. Add the wine to the pan to deglaze it, removing the fond from the bottom of the pan.
7. Remove the browned garlic pieces from the pan and add the chopped peppers and most of the tomato sauce.
8. Add more salt and pepper to taste.
9. Cook covered and on a low heat for 40 minutes. The peppers will be a bit softer, but still maintain their crunch. While the chicken braises, periodically check to make sure the pan is not dry. If it runs dry, add a bit more water and/or tomato sauce.
10. After 40 minutes, let it cool for 10 minutes before serving.